

Washington, DC-In response to constituent calls into his district offices, Congressman Harry Teague issued the following statement and information about the recent Swine Flu cases.

"While non essential travel is discouraged, I want to remind all residents of southern New Mexico that the US - Mexico Ports of Entry are open," said Congressman Harry Teague. "Our federal agents at the border are taking every precaution to prevent transmission of swine flu and I urge all residents of southern New Mexico to become familiar with the steps necessary to avoid becoming infected with swine flu."

People are Encouraged to take the following steps to Stay Healthy:

- Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Wash your hands often with soap and water, especially after you cough or sneeze. Alcohol-based hands cleaners are also effective.
- Avoid touching your eyes, nose or mouth. Germs spread that way.
- Try to avoid close contact with sick people.
- Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people. If you get sick, CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.

Resources

Centers for Disease Control and Prevention (CDC)

[FAQ English](#) Key facts about swine influenza A (H1N1)

[FAQ Spanish](#) Key facts in Spanish about swine influenza A (H1N1)

[Sign Up for Email Updates from the CDC](#)

[Summary of Swine Influenza A \(H1N1\) Investigation and Recommendations](#)

[General Information About Swine Influenza A \(H1N1\)](#)

[Guidance for Taking Care of a Person with Swine Influenza A \(H1N1\) in Your Home](#)

For more information, people can visit <http://www.cdc.gov/swineflu/index.htm>

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